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# 10/30/1985 - Heidi Lammon XC

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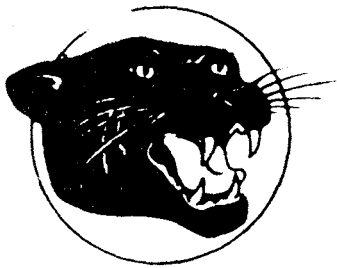
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# ***Panther Sports News***

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## **FOR IMMEDIATE RELEASE**

CHARLESTON, IL (October 30, 1985)--Freshman Heidi Lammon (Crystal Lake), a member of the Eastern Illinois women's cross country team, will compete Saturday in the 1985 Gateway Collegiate Athletic Conference Championships in Macomb, IL. The Lady Panthers are looking to improve upon last year's eighth-place conference finish.

Although Lammon has suffered an upper thigh injury which put her out of the last three meets, she is now "anxious to get back to running."

"Heidi did an admirable job in the two races she ran this year," says head coach John Craft. "Her injury has not changed her positive attitude toward running. She's been swimming and biking in order to keep up her cardiovascular system."

Lammon finished 10th in the home-opener against Western Illinois on Sept. 13 with a time of 20:07 on the 5,000 meter course. She improved her time by six seconds in the following week at the Midwestern Open and placed 114th.

"I'm positive that Heidi will develop as a runner as the years go by," states Craft. "She has a bright future at Eastern."